



Goldenhill Primary Academy



Head teacher: Mr. S Martin BA (Hons), NPQH

"Everyone shines at Goldenhill!"

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Dear Parent/Carer,

I hope that you are well. This letter is to remind parents and carers about academy expectations in regards to morning snack:

Morning Snack

Children can bring in healthy snacks to eat during their break time. We try to promote healthy eating in school and so we ask children to bring in fruit or vegetables and/or cereal bars as a snack at playtime. In addition, Foundation stage and Key Stage 1 children have access to 'free' fruit.

Crisps, sweets and chocolate bars are not permitted. Unfortunately, if children do bring these items to school for break time we will ask them to put them back into their bags and take them home.

Children are only allowed to bring water into school as a drink, please do not fill drinks bottles with fizzy drink.

Some healthy snack foods include:

- Cereal bars
- Fresh cut-up fruit with yogurt for dipping
- Crackers
- Fruit salad
- Low-fat string cheese
- Yogurt smoothie (yogurt, ice, milk and any type of fruit)
- Popcorn
- Banana (cut in half for younger children)
- Apples, grapes, oranges, or any kind of fruit.

Please note, the above expectations have not changed and this letter serves as a reminder of them. Thank you for your continued support in this matter.

Kind regards

Mr. S Martin

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Head Teacher



Artsmark
Silver Award
Awarded by Arts
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